

## V.I.T.A.L. Planning for New Living Arrangements

The goal of the V.I.T.A.L. planning process for new living arrangements is to develop a youth-crafted plan when a change becomes necessary (or to prevent a change from becoming necessary in the future). Placement disruptions can result in many additional challenges and the hope is to avoid them whenever possible. The hope is that youth driven planning and a thorough assessment will prevent a need for future placement changes.

The team conversation is grounded in authentic youth engagement principles with an assessment of needs and strengths and listening without bias. The conversation may be best if co-facilitated by the young adult. A safe, thorough youth-crafted plan is the end-goal of the conversation. Attendees can include invited significant others, family members, the Youth Ambassadors, clinicians, school staff, RRG staff, and providers. Participants can be included virtually or face to face based on preferences. **Every thorough youth-crafted arrangement should be given serious consideration by the regional team. If there is a chance that a youth-crafted arrangement will not be supported by the regional team, the Office Director should be consulted to ensure that brainstorming options have been exhausted.** If the youth is not emotionally ready for the conversation a later date can be arranged).

### Conversation prompts and suggestions for the planning process include:

- What is young adult's understanding of why a living arrangement needed to change?
- Does everyone agree there a need for a new arrangement (i.e., there's no chance or interest in salvaging the previous arrangement even with additional supports)?
- What does the young adult consider to be essential in order to succeed in the next living arrangement?
- What sort of living arrangement does the young adult want and what are the reasons why? (Be mindful that some young persons may indicate a congregate setting because it may be easier than taking a risk in investing in family relationships again)
- What do the unpaid professionals and natural supports in the youth's life think is best?
- What are the current treatment needs? Can those be met through a new the living arrangement?
- How would a new arrangement capitalize on the young adult's strengths?
- What is the young person's long-term goals and how can this arrangement help reach those goals?
- Is there a need for family finding/searching? How can we find and engage other relatives and family members?
- How can youth stay have connected to others in the community?
- What supports for the youth are needed to ensure the placement is successful?
- If the young adult needs a new living arrangement and has been in the same type of setting in the past (e.g., multiple congregate care settings), would an entirely different level of support be suitable since the placement type wasn't meeting needs?
- Do caregivers have what they need so they can be healthy and strong supports?
- Does the young adult have concerns about attending school, activities, or work?
- Have all notifications been made about a change in living location?
- Does the young adult have reliable transportation to school, work, activities?
- What visits need to happen in the new living arrangement? What essential contacts should be kept in place?

- Are there any safety issues to assess?
- If the youth is 18 plus and wants to live with someone who has a previous substantiation on record, can a CHAP arrangement with wraparound supports be pursued (non-CHAP if youth hasn't graduated secondary school)? If the youth is under 18 the substantiation will have to be overturned.
- Is the youth pursuing healthy relationships? Will that continue in the new setting?
- Does the young adult have a **Get to Know Me** youth profile that would be helpful to update? Get to Know Me is on the Transitional Supports and Success website.
- Is there a need for family search?
- Has the young adult been allowed to decide between possible options?
  
- **What are the next steps?**